

## FALL SESSION

(12 weeks)

Tues.: Sept. 18 – Dec. 11

Thurs.: Sept. 20 – Dec. 13



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Aquatic Center

2 Teacher's Way

Gaithersburg, MD 20877

(301) 258-6345

## FALL 2007 FEES

\$50 Aquatic Members

\$55 City Residents

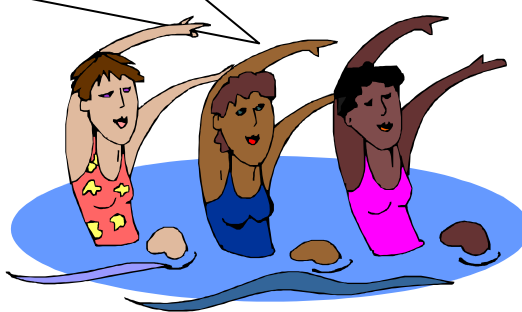
\$60 Non-Residents

# Swimnastics

Do you want a  
flexible, fun  
way to  
exercise?



If so, we have the perfect solution for you! Come join us at the Gaithersburg Aquatic Center for a coed, multilevel Swimnastics class.



\*\*\*You do not need to be able to swim to participate, and you do not have to get your head wet\*\*\*

## Schedule of Classes

### DEEP WATER RUNNING

Age: Teen and Adult

Length: 45 minutes

Deep water running is a great way to work out without any impact on your bones or joints. Instructor leads you through a variety of exercises and deep water running techniques enhancing your cardiovascular endurance, your core strength, as well as your balance. Flotation belts are provided, but you should feel comfortable in deeper water. No need to get your face wet.

CLASS	STARTS	DAYS	TIME	LOCATION	FEES	# SESS
23133	9/18	Tu	7:45 p.m.	GAC	\$55*	12
23134	9/20	Th	6:45 p.m.	GAC	\$55*	12

\*Aquatic Members pay \$50, Non-Residents pay \$60  
NO CLASS on 11/20 or 11/22

### SHALLOW WATER WORKOUT

Age: Teen and Adult

Length: 45 minutes

Shallow water workout is a great way to exercise while having fun. Individuals of all ability levels can benefit from this class due to the water's unique properties. Improve cardiovascular fitness while challenging your muscle endurance and enhancing flexibility. This class is held in water that is 3½ feet deep, so you do not need to be a swimmer or get your face wet.

CLASS	STARTS	DAYS	TIME	LOCATION	FEES	# SESS
23135	9/18	Tu	6:45 p.m.	GAC	\$55*	12
23136	9/20	Th	7:45 p.m.	GAC	\$55*	12

\*Aquatic Members pay \$50, Non-Residents pay \$60  
NO CLASS on 11/20 or 11/22

Stay active this FALL by participating in water exercise classes!

Swimnastics Registration begins **Aug. 7** (City Residents/Aquatic Members) & **Aug. 10** (Non-Residents)

For specific class questions, please contact Janette Hernandez at (240) 498-3672 or by e-mail at [deleonja@verizon.net](mailto:deleonja@verizon.net)

## SWIMNASTICS REGISTRATION INFORMATION

Registration is on a first come, first served basis. City residents are all persons who reside within the corporate city limits of Gaithersburg (and pay City taxes) are considered residents. The Montgomery Village and Flower Hill areas are not within the City.

### E-MAILING LIST

We have started an e-mailing list to distribute swim lesson and other facility information to our participants. If you would like to be one of the first to receive the new program information, please indicate that you would like to be placed on our e-mailing list on the registration form below. If you are registering on-line, e-mail [aquatics@gaithersburgmd.gov](mailto:aquatics@gaithersburgmd.gov) and request to be placed on the list. All information will be attached in a Word or PFD file. Your e-mail address will not be sold or shared.

### WAYS TO REGISTER

The best way to register is by using the new *RecXpress System* either by touchtone phone or over the internet. *You must have a family password and personal ID number to use these registration methods.* Call 301-258-6350 ext. 444 to request a password or e-mail [parksrec@gaithersburgmd.gov](mailto:parksrec@gaithersburgmd.gov) a minimum of two days prior to registration. To register by phone, 24 hours a day, seven days per week during the advertised registration dates, call 301-258-6360. To register on-line, go to [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress).

You can also register in person at the Activity Center at Bohrer Park, 506 S. Frederick Ave. or at the Gaithersburg Aquatic Center (evenings and weekends), 2 Teacher's Way. If you would rather register by mail, send in your form with payment to: The City of Gaithersburg, 506 S. Frederick Ave., Gaithersburg, MD 20877. A fax is also available 24 hours a day at 301-948-8364. Make checks and money orders payable to "The City of Gaithersburg." Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. VISA, MasterCard, and Discover payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount. *Payment must be included with any registration form in order to be processed.*

## REGISTRATION FORM

☐ **YES! I would like to be added to the Aquatic e-mailing list. (Please neatly print entire e-mail address below)**

☐ Check here if new address/phone since last time registered.

E-mail: \_\_\_\_\_

Participant's Last Name: \_\_\_\_\_ Participant's First Name: \_\_\_\_\_ M ☐ F ☐

Birthdate (M/D/Y): \_\_\_\_/\_\_\_\_/\_\_\_\_ Address: \_\_\_\_\_ City, State Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ City Resident ☐ Non-Resident ☐

Course Name	Class #	Start Date	Cost	Total	Course Name	Class #	Start Date	Cost	Total
ex: Deep Water	12345	1/5/04	\$36.00	\$41.00	3.				
1.					4.				
2.					Non-Residents, please add the NR fee.			TOTAL: \$ _____	

### Refund Policy

If a student must withdraw from a course, they may request a credit or a refund. **All credit/refund requests must be submitted in writing** to the attention of the Aquatic Manager. A **credit** can be applied for a future course or membership and is valid for one year (no processing fee). A **refund** will be issued in the form of a check. All refunds will be charged a \$10.00 processing fee per person, per course. Please allow 10-15 business days for processing. If your written request is received *more than five days before the start of the course*, you will be given a full credit or refund. If your written request is received *five days or less before the start of the course*, you will be assessed an additional \$25.00 late notification fee per course, per participant. If your written request is received *on or after the start date*, you will be assessed the \$25.00 late notification fee and the credit will be pro-rated based on the date the written request is received. **No refund or credit requests will be considered if received after the last scheduled date of the course.**

I understand that I am responsible for my insurance in case of injury. Furthermore, I understand that although safety precautions will be observed, the City of Gaithersburg, employees and agents will not be responsible for any personal property lost by me or for any injury sustained in the program. I also consent to the City's use of any photographs and/or video tapes made of the program.

Print Participant Name: \_\_\_\_\_ Signature of Participant: \_\_\_\_\_

*The City of Gaithersburg is committed to making reasonable accommodations as required by the American with Disabilities Act. Requests must be made two weeks prior to the start of the program. Please call 301-258-6445 to indicate what accommodations are needed.*

Amount Paid: \$ \_\_\_\_\_ ☐ Cash ☐ Check # \_\_\_\_\_

☐ Visa / MC / Disc # \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_

Signature (name on card) \_\_\_\_\_

Print Name \_\_\_\_\_

### OFFICE USE ONLY:

Received: \_\_\_\_\_ Initials: \_\_\_\_\_

W P M F Resident? Y N

Processed: \_\_\_\_\_ Date: \_\_\_\_\_